



**A non-profit organization for
retired men devoted to the
promotion of independence and
dignity of retirement**

The Grapevine

SIR Branch #145

MOOSE LODGE

AUGUST 8, 2017



AUGUST

2017 Newsletter Branch 145

BIG SIR SEZS:

There was an excellent article in the Lodi News Sentinel and Stockton Record about our presentation to the Vietnam Vets, WWII vets, Korean Vets. Hope you got to see it. It was very good exposure for our Branch 145. Many thanks to our area Governor, Rick Kindle and Our little SIR Phil Schrock, for coordinating this project.

Our Speaker this month, Kevin Vondergeest, has created and implemented an award winning employee wellness program which recently received the Gold Level Well Workplace award from The Wellness Council of America. He also Manages the Fitness Center for Adventist Hospital Lodi, where he has been for the past 18 years. WE welcome Kevin back again for tips on Physical Fitness for Seniors.

Activities now available for SIR's is Pinochle every Tuesday morning 7 to 3 held at the Lodi Odd Fellows Hall, 6 S. Pleasant Ave. Bridge and Cribbage are available if enough show up. You can also enjoy a breakfast of bacon, eggs, pancakes juice and coffee from 0630 to 0730 for only \$4.00. Every 1st Tuesday Night of each month you can enjoy a men's night out dinner at the Odd Fellows

Lodge for only \$15.00, Includes hosted Bar, hors d'oeuvre, wine on the tables, dessert. Cocktails at 6, eat at seven.

For couples dinners at the yacht club in Stockton and other places, contact Al Furr, 368-6490, for options and reservations.

Our Slate of Officers for next year is: Big SIR Phil Schrock; Little SIR Paul Wright; Secretary Richard Baines; Treasure, Harry Martin; Assistant Treasure, Mark Wahlman; Membership Chairman, Chester George; Golf Chairman Bill Rutherford. WE have openings for Travel Chairman, and others.

I will be attending a State SIR meeting on this Day so Little SIR Phil Schrock will be running the show. Lets give him all our support and have a good meeting.

**Bob Gorbet
Big SIR**

AUGUST SPEAKER



Speaker for the Month of August is
Kevin Vondergeest
Wellness Coordinator for Adventist
Health Lodi Hospital
Health Coach and Physical Fitness
Trainer at the Fitness Center

MENU for August 8th



Pork Chops / Fried Chicken
Scalloped Potatoes
Vegetable
Salad Bar
Dessert, Coffee/Tea

JULY Financials



We had a net decrease in our bank account of \$197.86. This decrease was primarily due to the 3rd quarter assessment by the SIR State organization.

Harry T. Martin
Treasurer

Visit our Branch website at www.sir145.org
There are connecting buttons on our site to put you in contact with the State website or visit <http://sirinc.org/>



JULY Golf News

Golf Results from the individual State Qualifier at Swanson Golf Course

1st Flight:

1st Place Bill Noel

2nd Place; Peter Roy

2nd Flight:

1st Place Leo DeGroot

2nd Place; Bob Cossey

3rd Flight:

1st Place; Bob Gorbet

2nd Place; Norio Kawai

Side Flight:

1st Place; Monte Hummel

2nd Place; Mike Sather





Birthday Boys

- Keith Bohnet
- Ken Cardwell
- Albert Clark
- Lloyd Defenbaugh
- Dick Duncan
- Frank Flores
- Frank Garcia
- Thomas R. Goad
- Robert Handel
- Hugo Hess
- Norman Kaseman
- Robert Keller
- Harry Martin
- John Nunes
- Michael Parson
- Dan Salisbury
- Wayne Sanders
- Wayne Scheideman
- William Shankles
- Richard Street
- Neil Webb
- Paul Wright



YOUR BRANCH 145 OFFICERS FOR 2017

BIG SIR

Bob Gorbet 333-0425

LITTLE SIR

Phil Schrock 333-1355

SECRETARY

Richard Baines 727-3908

TREASURER

Harry Martin 601-9021



The "COUNTRY CLUB AIRES" (CCA) MEN'S CHORUS & BAND

WANT YOU!

THE CCA ARE LOOKING FOR SINGERS & MUSICIANS TO JOIN OUR 'ALL VOLUNTEER' GROUP OF SIR

SPONSORED BY SIR BRANCH #33, THE CCA HAS BEEN DELIGHTING AUDIENCES OF THE GREATER SACRAMENTO REGION* SINCE 1972

The CCA welcomes members of all SIR branches

To join us ... or for booking us at your venue/event, & for details or further information, please refer to:

< www.COUNTRYCLUBAIRES.org >
Primary Contact: PBS Fred Stallcop, SHLM
BusinessMgr@CountryClubAires.org



A NON-PROFIT ORGANIZATION FOR RETIRED MEN

LODI BRANCH #145

P.O. Box 514

Woodbridge, CA 95258

RETURN SERVICE REQUESTED

2017 OFFICERS

BIG SIR
 Bob Gorbet 333-0425

LITTLE SIR
 Phil Schrock 333-1355

SECRETARY
 Richard Baines 727-3908

ASST. SECRETARY
 (open)

TREASURER
 Harry Martin 601-9021

ASST. TREASURER
 Mark Wahlman 368-708

2017 Directors

Al Furr 368-6490
 Jack Johnson 369-0727
 John Korphage 369-4001
 Billy Dunn 327-2460
 Paul Wright 408-235-6923

Area #8 Governor Gerald L. Emery
Area #22 Governor Rick Kendal

2017 Committees - *Chairman

ANECDOTIST
 Cliff Nitschke 368-6646

ATTENDANCE
 Chester George 368-8212

AUDITOR
 Replacement TBA

BULLETIN EDITOR
 Big SIR

BULLETIN PUBLISHER
 Temple Gallagher 986-8367

CHAPLAIN

Howard Ferguson 368-4829

EMAIL COMPILER

(open)

GREETERS

Conrad Kessell 367-1998

RECOGNITION

Dave Stennick 368-0437

GOLF

Bill Rutherford 916-776-9222
 Terry Lawson 916-776-1857
 Mike Lynn 915-4550

HISTORIAN

(open)

MEMBERSHP RECORDS

Chester George 368-8212

NOMINATING

Bill Blount 916-201-8510
 Richard Baines 727-3908

PICNIC

Al Furr 368-6490

PROGRAM

Little SIR

SONG LEADER

Paul Reiner 366-1811

Sargent at Arms

Bill Blount 916-201-8510

PHOTOGRAPHER

Leon Adamson 334-5128

TRAVEL & TOURS

(open)

Publicity Chairman

Big SIR

PAST BIG SIR

Ruben Moser 1988-1989
 Al Baerwald 1990
 Bill Owen 1991
 Al Cooper 1992
 Earl Klapstein 1993
 Dave Stennick 1994
 Gus Armendariz 1995
 Jerry Kirsten 1996
 Bob McCaffrey 1997
 Tom Bandelin 1998
 Frank Garcia 1999
 Bob Handel 2000
 John Korphage (18) 2000-2001
 Jack Jackson 2001
 Bill Dauer 2002
 Ron Westerterp 2003
 Dave Hinchman 2004-2005
 Paul Reiner 2006
 Neal W. Welsh 2007
 John Mendonca 2008
 Bill Shankles 2009
 George Cameron 2010
 Richard Baines 2011-2012
 All Furr 2013
 Chuck Bennett 2014-2015
 Jack Johnson 2016